



Vox Populi
14 September 2023

The one symbol most identified with Jesus and His Church is the cross.

On Thursday, 14 September, we celebrate the feast of the Exaltation of the Holy Cross.

This day actually celebrates two historical events: the discovery of the True Cross by Saint Helena, mother of the Emperor Constantine in 320 under the temple of Venus in Jerusalem, and the dedication in 335 of the basilica and shrine built on Calvary by Constantine, which marks the site of the Crucifixion.

However the feast, more than anything else, is a celebration and commemoration of God's greatest work: his salvific death on the Cross and His Resurrection. While a sign of suffering and human cruelty at its worst, through Christ's love shown in the Paschal Mystery, it has become the sign of triumph and victory, the sign of God, who is love itself.

We often make the Sign of the Cross over ourselves. We make it before prayer to help fix our minds and hearts on God. We make it after prayer, hoping to stay close to God. In trials and temptations, the cross is a sign of strength and protection. At Baptism we are sealed with the Sign of the Cross, signifying the fullness of redemption and that we belong to Christ. Let us look to the cross frequently, and realize that when we make the Sign of the Cross we give our entire self to God — mind, soul, heart, body, will, thoughts.

On Friday, 15 September we remember Our Lady of Sorrows which commemorates the seven great sorrows which Mary lived in relation to Her Son, as they are recorded in the Gospel: the prophecy of Simeon; the flight into Egypt; loss of the Child Jesus for three days; Mary meets Jesus on His way to Calvary; Crucifixion and death of Jesus; the body of Jesus being taken from the Cross and the burial of Jesus.

Finally, we invite you to include information in your bulletins about The Ignite 23 Conference, hosted by the Diocese of Broken Bay in the Cathedral precinct between 28 September and 1 October. To register and read about the power-packed schedule go to <https://igniteconference.com.au/sydney>